



Safe Sleep Procedures - Nursery and Reception

September 2026

Purpose

Our school is committed to ensuring that any child who requires sleep or rest during the school day is provided with a safe, comfortable and well-supervised environment. These procedures are based on the requirements of the Early Years Foundation Stage (EYFS) Statutory Framework (September 2026), which places a duty on providers to ensure appropriate sleeping arrangements and effective supervision of sleeping children.

1. Individual Sleep Needs

- Parents/carers must inform the school of any known sleep needs, medical conditions or requirements that may affect their child's sleep or rest.
- Information regarding individual sleep needs will be recorded and shared with relevant staff.
- Sleep arrangements will be discussed with parents where a child regularly sleeps during the school day.

2. Safe Sleep Environment

- Any child who falls asleep or is identified as needing sleep will be accommodated in a designated quiet area which is clean, safe, appropriately ventilated and maintained at a comfortable temperature.
- Rest mats or other sleep equipment will be positioned to allow staff clear visibility of all sleeping children.
- Children will not be covered in a manner that could restrict breathing or cause overheating.
- Sleeping children will not be placed near hazards such as trailing cables, heaters or unsecured furniture.

3. Supervision of Sleeping Children

- Sleeping children will remain within sight and/or hearing of staff at all times.
- Staff will conduct and record regular visual checks of sleeping children at least every 10 minutes.
- Checks will include monitoring breathing, comfort, wellbeing and temperature.
- Any concerns regarding a child's welfare while sleeping will be acted upon immediately and reported in accordance with safeguarding procedures.

4. Children's Safety and Wellbeing

- Children will be encouraged to sleep or rest in a position that is comfortable and safe.
- Staff will respond promptly if a child becomes distressed, upset, uncomfortable or unwell.
- Children will be awakened gently if necessary and supported to re-join activities when appropriate.
- Particular consideration will be given to children with medical needs, SEND or other identified vulnerabilities.

5. Staffing and Training

- All EYFS staff will receive information and training on the school's safer sleep procedures.
- Staff will understand their responsibilities for supervising sleeping children and maintaining a safe sleep environment.
- Leaders will periodically monitor implementation of these procedures as part of safeguarding and welfare monitoring.

6. Communication with Parents

- Parents will be informed where a child has had a significant sleep during the school day that may affect their evening routine.
- Any concerns regarding tiredness, sleep patterns or wellbeing will be discussed with parents/carers.
- The school will work in partnership with families to support children's health, wellbeing and development.

7. Record Keeping

- Where children have a planned sleep routine, staff will maintain a simple record of sleep times and required checks.
- Any incidents, concerns or safeguarding issues arising during sleep periods will be recorded and reported in accordance with school safeguarding procedures.

8. Responsibilities of School Leaders

School leaders will ensure that safer sleep arrangements are risk assessed, appropriately supervised, understood by staff and implemented consistently across Nursery and Reception provision. Leaders will regularly review procedures to ensure continued compliance with the EYFS Statutory Framework and wider safeguarding requirements